

Curriculum Vitae

Lara J. LaCaille

University of Minnesota Duluth
Department of Psychology
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EDUCATION

- Postdoctoral Fellowship** 2003
University of Wisconsin Hospitals & Clinics; Madison, WI
Health Psychology, Department of Rehabilitation Medicine
- Ph.D.** 2002
Utah State University; Logan, UT
Combined Clinical/Counseling/School Psychology; APA Accredited
- Clinical Internship** 2001
Salt Lake City Veterans Administration Medical Center; Salt Lake City, UT
APA Accredited Internship
- MS** 1999
Utah State University; Logan, UT
School Psychology; APA/NASP Accredited
- BA** 1992
University of Wisconsin; Madison, WI
Major: Psychology; Phi Beta Kappa; Study Abroad in Florence, Italy

PROFESSIONAL LICENSES

- 2006-present Licensed Psychologist, Minnesota, LP#4739
2003-2006 Licensed Psychologist, North Carolina
2003-2006 Certified Health Service Provider, North Carolina

CURRENT POSITION

- 2005 – present *Assistant Professor*
Department of Psychology, University of Minnesota Duluth, Duluth, MN

Courses taught:

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| Abnormal Psychology | Psychology of Food Abuse |
| General Psychology | Principles of Stress Management |
| Social Psychology | Psychology: Discipline & Profession |
| Group Dynamics | Professional Field Placement |
| Basic Helping Skills | |

PROFESSIONAL AFFILIATIONS & ACTIVITIES

Duluth Medical Research Institute
 American Psychological Association, Member (since 1996)
 APA Division 2: Teaching of Psychology, Member
 Association for Psychological Science, Member (2008)
 Society of Behavioral Medicine, Member (2003 – 2006)
 National Association of School Psychologists, Member (1998 – 2002)
 Western Psychological Association, Student Member (2000-2001)
 Rocky Mountain Psychological Association, Student Member (1999-2000)

Scholarly Journal Ad Hoc Reviewer:

Journal of Behavioral Medicine
 Journal of Psychology

Grant Activity:

Co-Investigator, Healthy Food, Healthy Lives Institute Grant Program, University of Minnesota, “Institutional and Consumer Decision-Making in the Hospital Setting: An Evaluation of a Healthy Food Practices Model,” January 2009 – December 2009; Total award: \$54,677.

Principal Investigator, Chancellor’s Faculty Small Grants, University of Minnesota Duluth, “Eating and Physical Activity Experiences of College Women at UMD,” Fall 2008 – Spring 2009; Total award: \$750.

HONORS AND AWARDS

2008 Outstanding Faculty Advisor Nominee; University Student Association, University of Minnesota Duluth
 2007 Outstanding Faculty Award; College of Education & Human Service Professions, University of Minnesota Duluth
 2007 Outstanding Faculty Nominee; University Student Association, University of Minnesota Duluth
 1999 Recipient of the Walter R. Borg Scholarship, Utah State University
 1995 Recipient of the President’s Fellowship, Utah State University
 1992 Phi Beta Kappa National Honor Society
 1991 Psi Chi National Honor Society

PREVIOUS RESEARCH EXPERIENCES

9/03 – 7/05 **Behavioral Medicine**, Duke University Medical Center.
 Collaborated on two randomized controlled trials (NIH funded) investigating the effects of weight loss, diet, and/or pain coping skills training on individuals with hypertension or osteoarthritis.

7/02 – 7/03 **Behavioral Medicine**, University of Wisconsin Hospital & Clinics.
 Conducted needs assessment of Health Psychology service throughout the hospital. Participated in the development of a research program assessing the effectiveness of psychological intervention with burn victims.

5/00 – 9/00 **Research Assistant**, Utah State University.
 Meta-analysis examining the effects of parental involvement on outcomes of children in early intervention programs.

- 3/98-8/98 **Research Assistant**, Utah State University.
Experimental research on cognitive aspects of running.
- 9/96 – 5/98 **Child Health Psychology**, Utah State University.
Part of a research team examining variables related to child health psychology such as asthma, exercise, nutrition and eating disorders.
- 1992 - 1995 **Research Assistant**, The Devereux Foundation, Mapleton Center, Malvern, Pennsylvania.
Examined outcome data involving adolescents in residential treatment. Also conducted research related to the development of child behavior rating scales.

PREVIOUS CLINICAL POSITIONS

- 2003-2005 **Clinical Associate, Medical Psychology;**
Duke University Medical Center, Department of Psychiatry; Durham, NC.
Research team member and clinician on two NIH randomized clinical trials involving effects of weight loss on health status. Collaborated on the development of research protocols examining: 1) the effects of the DASH diet and weight-loss intervention on hypertension; 2) the effects of weight loss and/or pain coping skills training on osteoarthritis. Provided cognitive-behavioral weight loss therapy to obese individuals with these medical conditions. Conducted pre-transplant evaluations for potential donors and recipients of solid organs and provided psychotherapy to transplant patients.
- 2004-2005 **Adjunct Assistant Professor**
University of North Carolina, Department of Psychiatry; Chapel Hill, NC.
Provided outpatient individual, group, and family psychotherapy to patients with eating disorders. Led cognitive-behavioral therapy groups for binge eating disorder as part of a randomized clinical trial.
- 2002-2003 **Postdoctoral Fellow in Health Psychology**
University of Wisconsin Hospital & Clinics; Madison, WI.
Clinician with the Consult/Liaison Medical Psychology Service for adults and pediatrics. Consultant to medical staff, conducted evaluations (psychiatric, decisional capacity, pre-transplant), and provided individual, group, and family therapy to patients on multiple services. Served on multidisciplinary teams. Provided supervision to psychology interns.
- 2001-2002 **School Psychologist**
Weber School District; Ogden, Utah.
Provided individual, group, and family therapy to students aged 5-18. Conducted educational and psychological assessments. Consultant to teachers, staff, and parents regarding behavioral planning and interventions. Provided training to staff and led the traumatic brain injury team.
- 2000-2001 **Psychology Intern**, Veterans Administration Medical Center; Salt Lake City, UT.
Medical Psychology Rotation: Neuropsychological assessment, psychiatric assessment, pre-transplant evaluation, interventions for pain management, anxiety, depression, adjustment to illness, and palliative care. Consultation and liaison for inpatient service, evaluation and therapy in Behavioral Medicine clinic. Provided training to psychiatry residents. Inpatient/Outpatient Mental Health Rotation: PTSD evaluation and treatment, drug and alcohol treatment, and inpatient diagnosis, assessment, and treatment. Led psychoeducational and process inpatient groups.

- 1997-2000 **Therapist**, Counseling Center, Utah State University.
Provided outpatient psychotherapy to individuals, couples and groups. Specialized in the treatment of eating disorders. Supervised and trained peer counselors, provided outreach.
- 1996-2000 **Therapist**, Psychology Community Clinic, Utah State University.
Provided short- and long-term outpatient individual, couples, and family psychotherapy.
- 1996-2000 **Diagnostician**, Weber School District, Ogden, Utah.
Conducted educational, developmental, and psychological assessments of students.
- 1997-1998 **Psychometrician**, Lifespan, Logan, Utah.
Conducted psychoeducational evaluations of adolescent sex offenders.
- 1996-1997 **Psychoeducational Specialist**, Center for Persons with Disabilities, Utah State University.
Conducted developmental and psychological assessments for infants and children.
Coordinated volunteer program and interagency agreements.
- 1995-1997 **Psychometrician**, Early Intervention Research Institute, Utah State University.
Conducted developmental and psychosocial assessments with developmentally delayed infants and toddlers.
- 1992-1995 **Residential Counselor**, The Devereux Foundation, Malvern, Pennsylvania.
Counseled and supervised severely behaviorally and emotionally disturbed adolescents at a residential treatment center.

PREVIOUS TEACHING EXPERIENCE

- 2002-2003 **Instructor**, University of Wisconsin Hospital & Clinics; Madison, Wisconsin.
Communication Seminar: Designed and facilitated a seminar series for medical residents aimed at improving communication, interviewing, and management of challenging patients.
- 2001-2002 **Trainer**, Weber School District; Ogden, Utah.
Provided crisis intervention and prevention training to school district staff as a certified Mandt Instructor. Also instructed teaching staff on use of behavioral intervention strategies.
- 1999-2000 **Instructor**, Introductory Psychology, Utah State University.
- 1998 **Instructor**, Social Psychology, Utah State University.
- 1997-1999 **Teaching Assistant**, Introductory Psychology, Utah State University.

UNDERGRADUATE RESEARCH MENTORING

- 2008 McNair Scholar Program awardee: Stephanie Hooker; *Self-determination, self-regulatory processes, and eating behavior*. Grant Award: \$2800.
- 2007 Undergraduate Research Opportunities Program (UROP) awardee: Molly O'Connor; *Coping strategies, personality and help-seeking behavior*. Grant Award: \$1700.
- 2007 Honors Research Project: Lisa Lewanowski; *The effect of self-determination on response to exposure to the thin ideal*.

- 2006 Undergraduate Research Opportunities Program (UROP) awardee: Ann Beacom; *Job satisfaction, job involvement, and future goals among college students*. Grant Award: \$1700.
- 2006 McNair Scholar Program awardee: Kristy Smith; *Stress, Coping and Binge Eating in College Students*. Grant Award: \$2800.

UNDERGRADUATE RESEARCH PRESENTATIONS

- Hooker, S. & LaCaille, L. (2008, October). *Self-determination, self-regulatory processes, and eating behavior*. Poster presented at the Northern Lights Psychology Conference, Grand Forks, ND.
- O'Connor, M. & LaCaille, L. (2008, April). *Coping strategies, personality and help-seeking behavior*. Poster presented at the 22nd National Conference on Undergraduate Research, Salisbury, MD.
- Beacom A. & LaCaille, L. (2007, April). *Job satisfaction, job involvement, and future goals among college students*. Poster presented at the 21st National Conference on Undergraduate Research, San Rafael, CA.
- Smith, K. & LaCaille, L. (2007, April). *Differences between college men and women on binge eating, stress, and coping*. Poster presented at the 21st National Conference on Undergraduate Research, San Rafael, CA.

CLINICAL SUPERVISORY EXPERIENCE

- 2007- present *Internship Supervisor* for undergraduate psychology majors, University of Minnesota Duluth; Duluth, MN.
- 2004-2005 *Clinical Health Psychology Intern Supervisor*, Duke University Medical Center; Durham, NC.
- 2003 *Clinical Health Psychology Intern Supervisor/Mentor*, University of Wisconsin, Hospital & Clinics; Madison, WI.
- 1999-2000 *Counseling Psychology Supervisor* to undergraduate peer counselors; Utah State University Counseling Center; Logan Utah.
- 1997-1999 *General Psychology Lab Instructor Supervisor*, Utah State University; Logan, UT. Training and managing undergraduate lab instructors.

REFEREED JOURNAL PUBLICATIONS

- Somers, T. J., Keefe, F. J., Pells, J. J., Dixon, K. E., Waters, S. J., Riordan, P. A., Blumenthal, J. A., McKee, D. C., & **LaCaille, L.**, Tucker, J. M., Schmitt, D., Caldwell, D. S., Kraus, V. B., Sims, E. L., Shelby, R. A., Rice, J. R. (in press). Pain catastrophizing and pain-related fear in osteoarthritis patients: Relationships to pain and disability. *Journal of Pain and Symptom Management*.
- Somers, T. J., Keefe, F. J., Carson, J., Pells, J. J., & **LaCaille, L.** (2008). Pain catastrophizing in morbidly obese individuals with osteoarthritic knee pain. *Pain Research and Management*, 13(5), 401-406.
- Pells, J. J., Shelby, R. A., Keefe, F. J., Dixon, K. E., Blumenthal, J. A., **LaCaille, L.**, Tucker, J. M., Schmitt, D., Caldwell, D. S., & Kraus, V. (2008). Arthritis self-efficacy and self-efficacy for resisting eating: Relationships to pain, disability, and eating behavior in overweight and obese individuals with osteoarthritic knee pain. *Pain*, 136, 340-347.

- LaCaille, R. A., DeBerard, M. S., **LaCaille, L. J.**, Masters, K.S., & Colledge, A. L. (2007). Obesity and litigation predict workers' compensation costs associated with interbody cage lumbar fusion. *The Spine Journal*, 7, 266-272.
- Blumenthal, J. A., Sherwood, A., **LaCaille, L.**, Georgiades, A., & Goyal, T. (2005). Lifestyle approaches to the treatment of hypertension. In Cummings, N. A., O'Donohue, W. T., & Naylor, E. (Eds.). *Psychological approaches to disease management*. Reno, NV: Context Press.
- Abraham, P., Lepisto, B., **Schultz, L.** (1995). Adolescents' perceptions of process and specialty group therapy. *Psychotherapy*, 32(1), 70-76.
- Abraham, P., Lepisto, B., Lewis, M., **Schultz, L.**, & Finkelberg, S. (1994). Changes in Rorschach variables of adolescents in residential treatment. *Journal of Personality Assessment*, 62(3), 505-514.

PEER REVIEWED PUBLISHED ABSTRACTS

- LaCaille, R.A., **LaCaille, L.**, DeBerard, M.S., Masters, K.M., & Colledge, A.L. (2004). Obesity and litigation predict compensation costs better than pathophysiology in spinal fusion patients. *Annals of Behavioral Medicine*, 27(Supplement), S150.
- LaCaille, L.**, LaCaille, R. & Stein, D. (2003). Obese individuals who do not binge eat differ from those who do: A meta-analysis. *Annals of Behavioral Medicine*, 25(Supplement), S17.
- LaCaille, L.**, Stein, D., & LaCaille, R. (2003). Effects of perceived sugar or chocolate intake on cravings, mood, and food intake: A double-blind, placebo-controlled study. *Annals of Behavioral Medicine*, 25(Supplement), S135.
- Gimpel, G. A., Masters, K. S., & **Schultz, L.** (1998). Body perceptions predict body mass index among middle school children. *Annals of Behavioral Medicine*, 20(Supplement), S172.

UNPUBLISHED MANUSCRIPTS

- LaCaille, L.** (2002). *Binge Eating Disorder and its Relationship to Bulimia Nervosa and Obesity: A Meta-Analysis*. Unpublished doctoral dissertation, Utah State University, Logan, Utah.
- LaCaille, L.** (1999). *Effects of Perceived Sugar or Chocolate Intake on Self-Reported Food Cravings, Mood States, and Food Intake: A Double-Blind, Placebo-Controlled Study*. Unpublished masters thesis, Utah State University, Logan, Utah.

PAPER & POSTER PRESENTATIONS

- LaCaille, L.**, Hooker, S., & Krambeer, R.. (April, 2009) Mindfulness, Interoceptive Awareness and Self-Regulatory Processes Involved in Eating Behavior. Poster to be presented at the annual meeting of the Society for Behavioral Medicine, Montreal, Canada.
- LaCaille, R., **LaCaille, L.**, Hooker, S. & Fortier, M. (April, 2009). Development of a Self-Determination Theory Web-based Exercise Adoption Intervention. Poster to be presented at the annual meeting of the Society for Behavioral Medicine, Montreal, Canada.

- LaCaille, R., Hooker, S., **LaCaille, L.**, Kuvaas, N., & Detviler, J. (April, 2009) Autonomous and Controlling Motives for Exercise Differentially Predict Psychological Well-being. Poster to be presented at the annual meeting of the Society for Behavioral Medicine, Montreal, Canada.
- LaCaille, L. J.**, LaCaille, R. A., Prokop, J., Overgaard, S., Cole, C., O'Connor, M. (2008, May). *Achievement goals predict motives to run and endurance racing performance*. Poster presented at the 20th Annual Convention of the Association for Psychological Science, Chicago, IL.
- LaCaille, R. A., **LaCaille, L. J.**, Schouweiler, A., Kuvaas, N., Eagan, A., & Hooker, S. (2008, May). *What motivates the marathoner? The relationship between self-regulatory approaches, goals and motives, and running performance*. Poster presented at the 20th Annual Convention of the Association for Psychological Science, Chicago, IL.
- Shelby, R. A., Somers, T. J., Keefe, F. J., Pells, J. J. Dixon, K. E., Blumenthal, J. A., **LaCaille, L.**, Tucker, J. M., Schmitt, D., Caldwell, D. S., & Kraus, V. B. (2007, December). *Domain specific self-efficacy mediates the impact of pain catastrophizing on pain and disability in overweight and obese osteoarthritis patients*. Poster presented at the World Conference on Osteoarthritis, Miami, FL.
- Somers, T. J., Shelby, R. A., Keefe, F. J., Pells, J. J. Dixon, K. E., Blumenthal, J. A., **LaCaille, L.**, Tucker, J. M., Schmitt, D., Caldwell, D. S., & Kraus, V. B. (2007, December). *The impact of pain-related fear and pain catastrophizing to physical and psychological functioning in overweight, osteoarthritis patients*. Poster presented at the World Conference on Osteoarthritis, Miami, FL.
- LaCaille, R.A., **LaCaille, L.J.**, & Acheson, J.B. (2007, August). *Cognitive focus, motivation, and triathlon performance: An exploratory investigation*. Presentation at the 115th Annual Convention of the American Psychological Association, San Francisco, CA.
- Dowell, K., Durgunoglu, A., Kivi, C., Miller, K., **LaCaille, L.** (2007, April). *Building strengths for youth and families in Duluth*. Poster presented at the Minnesota Association of Children's Mental Health Conference, Duluth, MN.
- Dowell, K. & **LaCaille, L.** (2006, October). *The effects of parent participation in child psychotherapy outcomes by outcomes informants*. Poster presented at the APA division 53 Society for Clinical Child and Adolescent Psychology Conference, Lawrence, KS.
- Caccia, C. S., Blumenthal, J. A., Lin, P., Sherwood, A., Babyak, M., Taxman, S., York-Crowe, E., Brenner, E., Craighead, L. & **LaCaille, L.** (2006, March). The DASH Dietary Intervention in the ENCORE Study. Poster presented at the North Carolina Dietetic Association, Raleigh, NC.
- LaCaille, R. A., Taylor, M. K., **LaCaille, L. J.** & Masters, K. S. (2005, January). *Examination of the psychometric properties of the Thoughts During Running Scale (TDRS) across exercise settings*. Paper presented at the Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Charlotte, NC.
- LaCaille, R. A., **LaCaille, L. J.**, DeBerard, M. S., Masters, K. M., & Colledge, A. L. (2004, March). *Obesity and litigation predict compensation costs better than pathophysiology in spinal fusion patients*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Baltimore, MD.
- LaCaille, L.**, LaCaille, R. & Stein, D. (2003, March). *Obese individuals who do not binge eat differ from those who do: A meta-analysis*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Salt Lake City, UT.

- LaCaille, L.,** Stein, D., & LaCaille, R. (2003, March). *Effects of perceived sugar or chocolate intake on cravings, mood, and food intake: A double-blind, placebo-controlled study.* Poster presented at the annual meeting of the Society of Behavioral Medicine, Salt Lake City, UT.
- LaCaille, L.,** Stein, D., & LaCaille, R. (2002, April). *Treatment outcomes for binge eating disorder: A meta-analysis.* Poster presented at the annual meeting of the Society for Behavioral Medicine, Washington, D.C.
- LaCaille, R., Masters, K. S., Heath, E. M., & **Schultz LaCaille, L.** (2001, May). *Setting and cognitive strategy affect runners' emotions and RPE.* Poster presented at the annual meeting of the Western Psychological Association, Maui, Hawaii.
- LaCaille, R., Masters, K. S., Heath, E. M., & **Schultz LaCaille, L.** (2001, May). *Cognitive strategy affects performance for runners on the track.* Poster presented at the annual meeting of the Western Psychological Association, Maui, Hawaii.
- Schultz, L.,** Greenson, J., Dobmeyer, A., & Reyes, C. (1999, April). *Practical guidelines for school psychologists working with sexually abused students: An introduction to play therapy.* Paper presented at the meeting of the National Association of School Psychologists, Las Vegas, Nevada.
- Schultz, L.,** & Stein, D. M. (1999, April). "Chocolate addiction:" *Is there empirical evidence to support its existence?* Paper presented at the meeting of the Rocky Mountain Psychological Association, Fort Collins, Colorado.
- Schultz, L.** (1998, February 13). Chocolate "Addiction." Interview on *Access Utah*, Logan, UT: KUSU.
- Gimpel, G. A., Masters, K. S., & **Schultz, L.** (1998). *Body perceptions predict body mass index among middle school children.* Poster presented at the Annual Meeting of the Society of Behavioral Medicine, New Orleans, Louisiana.
- Gimpel, G. A., Masters, K. S., Rollins, L., Michael, K., & **Schultz, L.** (1997). *Knowledge and beliefs regarding exercise among junior high students.* Poster presented at the meeting of the Association for the Advancement of Behavior Therapy, Miami Beach, Florida.
- Nahabedian, C. & **Schultz, L.** (1993, August). Identifying disturbed children and adolescents: The Devereux Scales of Psychopathology. Poster presented at the meeting of the American Psychological Association, Toronto, Canada.
- Schultz, L.,** & LeBuffe, P. (1993, August). *Using behavior rating scales to document change in the classroom.* Paper presentation at the meeting of the American Psychological Association, Toronto, Canada.